

## Adult/Older Adult Mental Health Outpatient Clinics

### Urgent Walk-in Services Schedule and Contact Information

**The hours posted below are for urgent walk-in services only** at regional clinics which provide psychiatric outpatient services, including medication.

The programs serve Medi-Cal beneficiaries and uninsured adults, age 18 and over. Insured persons are referred to their own providers.

**This schedule, arranged by Region, provides the Clinic's addresses, contact phone numbers, and urgent walk-in days/hours.**

**Whenever possible, please call in advance to arrange an appointment.**

REGION	CLINIC	DAY(S) AVAILABLE FOR WALK-IN	TIME(S) AVAILABLE FOR WALK-IN	ADDRESS	PHONE / FAX NUMBER	PROGRAM MANAGER	COUNTY BHS PROGRAM COORDINATOR
Central	CRF/Jane Westin Walk-In Center *one visit only	Mon - Fri	10:00 AM - 4:00 PM	1045 9th Avenue San Diego, CA 92101	(619) 235-2600 FAX: (619) 696-9573	Kenna Humphreys	Cecily Thornton-Stearns, MFT 619-563-2754 Cecily.Thornton-Stearns@sdcounty.ca.gov
	Neighborhood House Assn, Inc. / Project Enable	Mon - Fri	10:00 AM -2:00 PM	286 Euclid Avenue Suite 102 San Diego, CA 92114	(619) 266-2111 FAX: (619) 266-0496	Evelina Jaime	
	UCSD Outpatient (Gifford) Clinic	Mon - Fri	8:00 AM - 5:00 PM	140 Arbor Drive San Diego, CA 92103	(619) 543-6250 FAX: (619) 543-7013	Annette Witt	
	Southeast Mental Health Center	Mon, Tues, Thurs, & Fri	9:00 - 11:00 am	3177 Ocean View Blvd. San Diego, CA 92113	(619) 595-4400 FAX: (619) 595-7927	Greg Watson	
			1:00 - 3:00 pm				

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North Central	CRF/Douglas Young BPSR Center	Mon - Wed, & Fri	9:00 AM - 11:00 AM	10717 Camino Ruiz Suite 207 San Diego, CA 92126	(858) 695-2211 FAX: (858) 695-3521	Paul Paris	Anna Palid 619-584-5009 anna.palid@sdco unty.ca.gov
		Thurs	12:00 PM - 2:00 PM				
	North Central Mental Health Center	Mon - Fri	8:30 AM - 3:30 PM	1250 Morena Blvd. 1st Floor San Diego, CA 92110	(619) 692-8750 FAX: (619) 692-8779	Carter Gardner	Betsy Knight 619-584- 5029 elizabeth.kn ight@sdcou nty.ca.gov
East	CRF/Heartland BPSR Center	Mon	9:00 -11:00AM	1060 Estes Street El Cajon, CA 92020	(619) 440-5133 FAX: (619) 440-8522	Nicole Fenton	Debbie Malcarne, LCSW 619-563-2764 Deborah.Malcarne@s dcounty.ca.gov
		Wed & Fri	9:00 AM -Noon				
		Tues & Thurs	9:00 AM - 4:00 PM				
	East County Mental Health Center	Mon - Thurs	9:00 AM - Noon 1 - 4 PM	1000 Broadway Suite 210 El Cajon, CA 92021	(619) 401-5500 FAX: (619) 401-5454	Luz Fernandez	
		Fri	9:00 AM - Noon 1 - 4 PM				

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South	CRF/Maria Sardiñas BPSR Center	Tues & Thurs	9:00 AM - 3:00 PM	1465 30th Street Suite K San Diego, CA 92154	(619) 428-1000 FAX: (619) 428-1091	Souneh Arevalo	Debbie Malcarne, LCSW 619-563-2764 Deborah.Malcarne@s dcounty.ca.gov
	CRF/South Bay Guidance BPSR Center	Mon, Wed, & Fri	9:00 AM - 1:00 PM	835 3rd Avenue Suite C Chula Vista, CA 91911	(619) 427-4661 FAX: (619) 426-7849	Mary Wheeler	
North Coastal	MHS, Inc. BPSR – Vista	Mon - Fri	8:30 AM - 4:00 PM	550 W. Vista Way Suite 407 Vista, CA 92083	(760) 758-1092 FAX: (760) 758-8481	Scott Elizondo	Virginia West, LCSW 619-563-2744 Virginia.West@sdcounty.ca.gov
	Exodus Recovery, Inc. North County Walk-In Assessment Center	Mon - Fri	9:00 AM - 4:30 PM	524 W. Vista Way Vista, CA 92083	(760) 758-1150 FAX: (760) 758-1808	Susan Lawlor	
	MHS, Inc. North Coastal Mental Health Clinic	Mon - Wed & Fri	9:00 AM - 4:00 PM	1701 Mission Avenue Suite A Oceanside, CA 92054	(760) 967-4475 FAX: (760 )966-3827	Payal Beam	
		Thurs	12:00 PM - 4:00 PM				

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North Inland	MHS, Inc. Kinesis North WRC	Mon - Fri	8:00 AM - 4:00 PM	474 W. Vermont Avenue Suite 101 Escondido, CA 92025	(760) 480-2255 FAX: (760) 741-6455	Jordan Sybrandt	Virginia West, LCSW 619-563-2744 Virginia.West@sdcounty.ca.gov
	Exodus Recovery, Inc. North County Walk-In Assess. Center	Mon - Fri	8:00 AM - 4:30 PM	1520 S. Escondido Blvd. Escondido, CA 92025	(760) 796-7760 FAX: (760) 796-7758	Deomel Sorriano	
	MHS, Inc. North Inland Mental Health Clinic	Mon - Fri	8:30 AM - 4:00 PM	125 W. Mission Avenue Suite 103 Escondido, CA 92025	(760) 747-3424 FAX: (760) 747-3435	Sarah Breeding	